



AMALA COLLEGE OF NURSING AQAR (2022-2023)



CRITERION 2 – TEACHING- LEARNING AND EVALUATION

Key Indicator 2.3 – Teaching- Learning Process

Metric No. 2.3.1. - Student-centric methods are used for enhancing learning experiences by:

SUBMITTED TO



National Assessment and Accreditation Council

Health Education

PSYCHOEDUCATION ON NON-COMPLIANCE - CAUSES & MANAGEMENT

Submitted to,
Mrs. Binny - A.P
Asso. Professor.
ACON

Binny
14/7/22

Presented on
22/7/22

Binny
22/7/22



Submitted on, 14/07/22
Prof. Dr. RAJEE REGHUNATH
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Submitted by,
Ritty Thomas T
Roll. No. 43
IIIrd year BSc Nursing
ACON

Name of the student : Rithy Thomas-T

Subject : Mental health nursing

Topic : Non-compliance & its management

Date : 22/7/22

Time : 10-45 am

Duration : 15 minutes

Venue : Ward. 3

Number of participants : 10

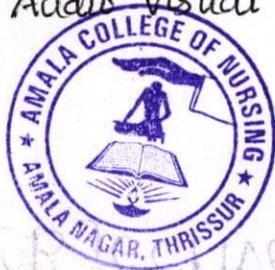
Previous knowledge : Patient has knowledge about non-compliance from magazines and TV programmes.

Method of teaching : Lecture cum discussion

Audio visual aids : Flash cards, charts

chart-1 → Management of non-compliance

chart-2 → Benefits of non compliance.



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CENTRAL OBJECTIVES

At the end of the psychoeducation the group will be able to understand and appreciate about 'management of non-compliance' and will apply the knowledge in the daily life.

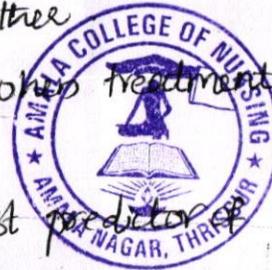
SPECIFIC OBJECTIVES

At the end of the psychoeducation, the group will be able to,

- define non-compliance.
- list down the causes of non-compliance.
- explain the management of non-compliance.
- enumerate the benefits of compliance.



Time	Specific objective	Content	Teacher's activity	Learner's activity	AV aids	Evaluation
		<h2><u>INTRODUCTION</u></h2> <p>Non compliance is the failure or refusal to comply. In medical field, the term non compliance is commonly used to regard to patient, who does not take a prescribed medication nor follow a prescribed course of treatment. A person who demonstrate non-compliance is said to be non compliant.</p>	Introduces the topic	listens	=	
1 minute	Define non compliance	<h2><u>DEFINITION</u></h2> <p>Non compliance can be defined as, failure to take recommended dose and at recommended times, failure to complete course of treatments taking drugs for wrong person, etc.</p> <p>Studies show about $\frac{1}{3}$ to $\frac{1}{2}$ patients are non-compliant in one way or other.</p> <p>Non compliance rates higher when treatment prescribed for longer duration.</p> <p>Baseline compliance is strongest predictor of long term compliance.</p>	Defines non-compliance	Listens	-	What is non compliance?



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Time	Specific objective	Content	Teacher's activity	Learner's activity	A/V aids	Evaluation
4 mins	List down the causes of non-compliance.	<h2 style="text-align: center;"><u>REASONS FOR NON-COMPLIANCE</u></h2> <ol style="list-style-type: none"> 1. <u>Medication specific factors.</u> <ol style="list-style-type: none"> a) Adverse effects: Fear regarding side effects more predictive of non-compliance than the actual side effects of medication. Side effects considered mild by psychiatrist may have significant impact on medication compliance. b) Ineffectiveness: c) Regimen complexity: There is inverse relationship between number of daily dosages and treatment adherence. d) cost: not only medication cost, additional costs also. 2. <u>Patient specific factors</u> <ol style="list-style-type: none"> a) attitudes & beliefs of patient and family. <p>Patient's ability to comply with treatment is influenced by his cognitive, and motor functioning and knowledge of medication.</p> 	lists the reasons.	Asks doubts	-	What are the reasons for non-compliance

Age: Adolescents and geriatric population has comparatively higher non compliance.

c) abnormal illness behaviour: Denial, conscious and unconscious motivation influence compliance.

d) cultural and religious factors

3. Provider/practitioner specific factors

- practitioner's ability
- practitioner's motivation
- Awareness of patient's compliance
- Therapeutic alliance
- continuing medical education.

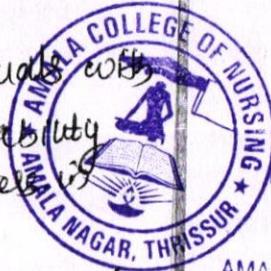
4) comorbidities

5) Availability of health care services.

6) Treatment, - longer duration,

7) Social factors - widowed, single individuals with language difficulties and physical disability poor family ties, negative attitude of others in community.

8) Disease: which require prophylactic treatment mild asymptomatic conditions, chronic condition



Simple
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600

Time	Specific objectives	content	Teachers activity	Learners activity	AV-aids	Evaluation
5 minute	Explain the management of non-compliance.	<p><u>MANAGEMENT - Non compliance</u></p> <ul style="list-style-type: none"> * Build a positive physician-patient relationship. The good relationship increases patient's adherence to medication regimen. * written instructions for taking medication. which will be easier for the patient to remember to having medicines. * For short term treatment. <ul style="list-style-type: none"> - Give simple, clear instructions. - Give injections better than pills. - minimum number of doses per day should be prescribed. * For long term treatment <ul style="list-style-type: none"> - Increase supervision of non-compliance by more frequent visits, involve family in the treatment. - Encourage high compliance. - Direct every day's attention to compliance problems - Re-enforce good compliance when it occurs. 	<p>Teacher explains the management, showing flash card chart</p>	<p>Listens</p>	<p>chart flash card</p>	<p>What is the management of non-compliance</p>

Logical & ethical requirements to improve compliance

- Diagnosis must be correct
- Disease must be non trivial
- Therapy must be efficacious
- compliance interventions must be efficacious
- Patient must be informed and willing.

→ alarm clocks.

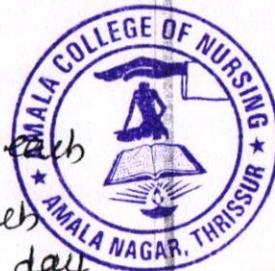
Set a daily alarm on watch, clock or phone to help to take medicine at the same time each day.

→ Normalize to daily life.

Make a practice of having medication related to any daily activities such, TV programme, meals, etc.

→ Pill box, medicine calendar

In this we can store medications for each day separately. Before the start of each week, place all the medicine for each day into pill box to help to remember what medication still need to take



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→ Educate the patient.

The patient may exhibit non-compliant behaviour because they simply do not understand the diagnosis or instruction. Clarify patient's doubts. Clearly explain everything.

→ providing re-enforcements.

When the client exhibits the compliant behaviour provide reinforcement.

→ Involve family members and care givers.

Involving family members and other loved ones, improve the outcome.

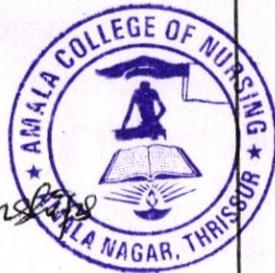
→ strengthen social support system

→ Reduce the barriers and problem solving

→ Visual cues of reminders

→ self monitoring

Time	Specific Objective	Content	Teaching activity	Learning activity	AV aids	Evaluation
5 minute	Enumerate the benefits of compliance.	<h2 style="text-align: center;">BENEFITS OF COMPLIANCE</h2> <p>⇒ For individual.</p> <ul style="list-style-type: none"> - Increased health, comfort. - Reduction of symptoms - Respect from others - Peace of mind. - Normal appetite, sleep pattern - Reduction in the hospitalization - Freedom from anxiety, mood problems - Relive from psychological symptoms <p>= Money management.</p> <p>⇒ In family level.</p> <ul style="list-style-type: none"> - Performs the family roles - Increased well being in the family. - Reduced cost spend for medicine - understanding each other. <p>⇒ Social level.</p> <ul style="list-style-type: none"> - Maintain balanced interpersonal relationships - status in a society - Respect from others. - Helping others. 	explains with chart	Listens carefully	chart	what are the benefits of compliance




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Time	specific objective	Content	Teaching activity	Learning activity	Aids	Evaluation
		<p style="text-align: center;"><u>SUMMARY</u></p> <p>Non compliance is the failure or refusal to comply with medication, treatment, regimen etc. It may due to various reasons such, physical, psychological, social factors. It is important to manage these causes and maintain, the compliance to medical treatment to ensure the maximum effectiveness of the treatment</p> <p style="text-align: center;"><u>RECAPTUALIZATION</u></p> <p>⇒ What is non-compliance? ⇒ what are the causes of non compliance? ⇒ How we can manage non-compliance.</p> <p style="text-align: center;"><u>CONCLUSION</u></p> <p>Non-compliance is the one of main problem in the medical field, especially in psychiatric field. Through this psychoeducation, identified the causes and explained the benefits of compliance, and discussed the management of non compliance.</p> <p style="text-align: center;"><u>BIBLIOGRAPHY</u></p> <p>→ Grail-w. Stuart, Michle T. Laranira, Principles of psychiatric nursing; Elsevier publications: 8th ed - 365-366, 376, 415-416</p> <p>→ Benjamin James Sadock, Virginia Sadock, Kaplan and Sadock's concise text book of clinical psychology, 3rd ed. - 401-427</p>	<p>Summarizes the topic</p> <p>concludes the topic</p>	<p>listens carefully</p> <p>listens</p>		